

**Assessment tools for the certification
in the discipline "Physical training (elective modules) "
for students enrolled in 2022, 2023, 2024
on the educational program on 33.05.01 "Pharmacy" (level of specialization),
full-time education
2024- 2025 academic year**

1. Assessment tools for current certification of the discipline ‘Physical training (elective modules)’

Current assessment includes the following types of tasks: assessment of the level of physical fitness, assessment of the level of sports and technical readiness, self-control diary..

The reporting form of students is a card of physical and sports-technical readiness (indicating the results of the tests). The test results are recorded in the graph of indicators of the current certification in each academic semester.

Independent work of students includes the obligatory performance of a weekly motor volume with the completion of a self-control diary.

1.1. Examples of physical fitness assessment

Monitoring of students' mastery of the discipline program is carried out systematically by the teacher and is reflected in the grade book in the form of grades. Assessment of the level of physical fitness is represented by exercises that are grouped according to the basic physical qualities. The level of physical fitness to acquire the necessary stock of motor skills and abilities is recorded by the teacher in the form of an average grade in the appropriate section of the grade book.

Checked indicators of competence achievement: UC -7.1.1, UC -7.2.1, UC -7.3.1, GPC -2.2.3, PC -5.1.1.

Types of testing		«5»	«4»	«3»	«2»	«1»	«0»
Running 100 m (sec.)	women	15,7	16,0	17,0	17,9	18,7	18,8 and more
	men	13,2	13,6	14,0	14,3	14,6	14,7 and more
Running 2000 m	women	10.15,0	10.50,0	11.15,0	11.50,0	12.15,0	12.16,0 and more
Running 3000 m (min., sec.)	men	12.00,0	12.35,0	13.10,0	13.50,0	14.30,0	14.31,0 and more
Long jump from a standing position (cm)	women	190	180	168	160	150	149 and less
	men	250	240	230	223	215	214 and less
Pulling the torso up on a high crossbar (number of times)	men	15	12	9	7	5	4 and less
Lifting the torso from the supine position, arms behind the head,	women	60	50	40	30	20	19 and less

legs bent at the knee joints (number of times)							
10 claps with straight arms over the head (sec.)	women	6,0	6,5	7,0	7,5	8,5	8,6 and more
	men	5,2	5,6	6,0	6,5	7,5	7,6 and more
The inclination of the torso from the standing position on the gymnastic bench (cm)	women	20	3	6	0	-5	- 4 and less
	men	16	10	5	0	-5	- 4 and less
Shuttle Run 5x20 m (sec.)	women	24,0	24,5	25,0	25,5	26,0	26,1 and more
	men	21,0	22,0	22,5	23,0	23,5	23,6 and more

1.2. Control requirements for assessing the level of sports and technical readiness.

The assessment of the level of sports and technical readiness is represented by the exercises of a specific module that the student has chosen for this semester. The level of sports and technical readiness is recorded by the teacher in the form of an assessment in the appropriate section of the grade book.

Checked indicators of competence achievement: UC-7.1.1, UC-7.2.1, UC-7.3.1 GPC -2.2.3, PC - 5.1.1.

Tests	Rating, point				
	«1»	«2»	«3»	«4»	«5»
Module 1	General physical fitness (men)				
PWC 170, kgm/min/kg	13,56 and lower	14,65-13,57	15,75-14,66	16,83-15,75	16,84 and higher
6 "Mini-burpee" (S.P. – m.s.; 1-squatting emphasis, 2- lying emphasis, 3- squatting emphasis, 4- s.p.), sec.	more than 17	17-15	14-13	12-11	10 and less
Jumping rope on two legs, number of rebounds per minute	less than 120	120	130	140	150
Push-up lying on the floor (straight body, lower until the chest touches the floor), number of times	less than 21	21-31	32-37	38-43	44 and more
Lifting straight legs to touch the crossbar, number of times	less than 5	5	6-10	11-13	14 and more
Module 1	General physical training (women)				
PWC 170, kgm/min/kg	9,56 and lower	10,55-9,57	11,54-10,56	12,53-11,55	12,54 and higher

6 "Mini-burpee" (S.P. – m.s.; 1-squatting emphasis, 2- lying emphasis, 3–squatting emphasis, 4- s.p.), sec.	more than 30	16-18	19-25	26-30	15 and less
Jumping rope on two legs, number of rebounds per minute	less than 90	100	110	120	130
Push-up lying on the floor (straight body, lower until the chest touches the floor), number of times	less than 7	7-11	12-16	17-23	24 and more
Lifting straight legs to touch the crossbar, number of times	less than 4	4	5-7	8-9	10 and more
Module 2	Athletics (men)				
Running 500 m, min	1.50,0	1.45,5	1.35,0	1.30,0	1.25,0
Shuttle run 3x20, sec	16,0	15,2	14,8	12,6	11,6
Cross-country running 5 km	without taking into account time				
Running 60 m, sec	9,5	9,4	9,1	8,9	8,6
Throwing a sports tool weighing 700 gr, m	less than 27	27	29	31	33
Module 2	Athletics (women)				
Running 300 m, min	1.14,0	1.12,0	1.06,0	1.03,0	1.00,0
Shuttle run 3x20, sec	18,0	17,2	16,6	14,8	13,8
Cross-country running 3 km	without taking into account time				
Running 60 m, sec	11,2	11,0	10,6	10,4	10,1
Throwing a sports tool weighing 500 gr, m	less than 14	16	18	20	22
Module 3	Basketball (men)				
Combined test, sec	35,7 and more	35,6-34,5	34,4-33,5	33,4-32,0	31,9 and less
Moving 6x5, sec.	9,8 and more	9,7-9,0	8,9-8,5	8,4-8,0	7,9 and less
Penalty shot (out of 30 attempts), number of hits	13 and less	14-15	16-17	18-19	20 and more
Shots from points (out of 40 attempts), number of hits	9 and less	10-12	13-15	16-18	19 and more
Module 3	Basketball (women)				
Combined test, sec	38, 7 and more	38, 7-37, 7	37,6-36,3	36,2-34,9	34,8 and less
Moving 6x5, sec.	11,0 and more	10,9-10,4	10,3-9,9	9,8-9,4	9,3 and less
Penalty shot (out of 30 attempts), number of hits	13 and less	14-15	16-17	18-19	20 and more e
Shots from points (out of 40 attempts), number of hits	9 and less	10-12	13-15	16-18	19 and more
Module 4	Badminton (men)				
Stuffing (juggling) the shuttlecock with the open side of the racket, number	3 and less	4-5	6-9	10-12	13-15

of times					
Serving by zones (out of 10 attempts) with the open side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Serving by zones (out of 10 attempts) with the closed side of the racket, number of times	3 and less	4-5	6-9	10-12	13-15
Module 4	Badminton (women)				
Stuffing (juggling) the shuttlecock with the open side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Serving by zones (out of 10 attempts) with the open side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Serving by zones (out of 10 attempts) with the closed side of the racket, number of times	2 and less	3	4-6	7-8	9-10
Module 5	Volleyball (men)				
Serving the ball from 10 attempts, number of times	1	2-3	4-6	7-8	9-10
Overhead pass, number of times	5 c	6-8	9-11	12-14	15
Module 5	Volleyball (women)				
Serving the ball in 5 attempts, number of times	1	2	3	4	5
Overhead pass, number of times	2 and less	4-5	6-7	8-9	10
Module 6	Athletic gymnastics (men)				
Squat with barbell on shoulders behind head (% of own weight)	less than 95%	95%	100%	105%	115%
Bench press lying on your back, horizontal bench (% of your own weight)	less than 90%	90%	95%	100%	105%
Deadlift (% of own weight)	less than 105%	105%	120%	135%	145%
Module 6	Athletic gymnastics (women)				
Squat with barbell on shoulders behind head (% of own weight)	less than 75%	75%	80%	90%	100%
Bench press lying on your back, horizontal bench (% of your own weight)	less than 50%	50%	55%	65%	70%

Deadlift (% of own weight)	less than 75%	75%	80%	90%	100%
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1.3 Criteria for assessing students' independent work

Independent work of students includes compulsory performance of a weekly motor volume with completion of the diary of self-monitoring.

2. Assessment tools for conducting intermediate certification in the discipline.

Intermediate certification is conducted in the form of credit and includes a report (protection of the card of physical and sports-technical readiness), as well as an assessment of physical fitness, and evaluation of the level of sports-technical readiness. The results obtained represent the progress of the student in the form of a profile of physical fitness, taking into account the evaluation in each semester.

The form of student reporting - a card indicating the results of the tests for the entire period of study.

2.1. The assessment of the level of physical fitness consists of an analysis of the individual data of the student's preparation card for the entire period of study.

Checked indicators of competence achievement: UC-7.1.1, UC-7.2.1, UC-7.3.1, GPC-2.2.3, PC-5.1.1.

Examples of tasks for assessing the level of physical fitness in the framework of intermediate certification are similar to examples of tasks in the framework of the current certification (see point 1.1)

2.2. The assessment of the level of sports and technical readiness of a student consists of the analysis of individual data of the student's preparation for the entire period of study.

Checked indicators of competence achievement: UC -7.1.1, UC -7.2.1, UC -7.3.1, GPC -2.2.3, PC -5.1.1.

Examples of tasks for assessing the level of sports and technical preparedness in the interim certification are similar to the examples of tasks in the current certification (see point 1.2).

Considered at the meeting of the Department of Physical Culture and Health

Protocol No. 16

28.05.2024

Head of the Department



S.Y. Maksimova